

May is Borderline Personality Disorder Awareness Month

Why learn about Borderline Personality Disorder?

Odds are that you know someone who has Borderline Personality Disorder.

What is it?

Borderline Personality Disorder (BPD) is a prevalent, yet misunderstood mental illness. It is often thought to be an emotion regulation disorder.

What are the symptoms of BPD?

Symptoms include impulsive behaviors such as bodily self-harm and substance abuse, chaotic relationships, unstable self-identity and moods, often including intense anger. Ten percent of individuals with BPD commit suicide, making this disorder a leading cause of suicide.

Awareness Brings HOPE

- **1 in 16 people suffer from BPD - 12 million adults and adolescents**
- **BPD is more common than bipolar disorder and schizophrenia, but is less recognized**
- **17% of people in prison have BPD**
- **Compared to other disorders, BPD is at least two decades behind in treatment options, research and family education**
- **There is no FDA-approved medication for the treatment of BPD**
- **Specialized treatments for BPD are not readily available**

Increasing Awareness of BPD

“It is essential to increase awareness of BPD among people suffering from this disorder, their families, mental health professionals and the general public by promoting education, research, funding, early detection and effective treatments.”

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To learn more about BPD visit the National Education Alliance for Borderline Personality Disorder at www.borderlinepersonalitydisorder.com, or the National Alliance on Mental Illness at www.nami.org